



Wellness Workshops

For Departments & Teams

**Montgomery County's Employee Wellness Program, Live Well,
brings wellness to your employees!**

The topics below can be combined or offered individually. Perfect for staff meetings or team retreats! Contact us to discuss additional options.

All events require at least 10 confirmed employee participants.

Departments are responsible for:

- Room reservations
- Employee registration & communication
 - A/V coordination
- Event set up and clean up

Please plan events at least 2 weeks in advance.

All workshops will include an overview of the County's wellness program, upcoming events and resources.

**Contact the Wellness Program Manager to request a workshop or with
questions:** Leigh Ann Henderson

Leigh.Henderson@montgomerycountymd.gov

240-777-5025

General Wellness

- **Wellness Jeopardy** (1 hour)

Get your game on! This fun, quiz-based event will challenge your employees' wellness knowledge in categories like Eat This, Not That, Fitness Fact or Fiction and more!

Power point capabilities required; classroom or auditorium-style seating is appropriate. Limit 25 participants per workshop.

- **Happy (Healthier) Holidays**
(30 minutes or 1 hour)

Help employees have happier-and healthier-holidays! This workshop features festive fitness tips, healthy holiday meals suggestions, and seasonal stress management through interactive exercises and educational discussion.

Classroom or auditorium style seating is appropriate, power point capability requested.

General Wellness

- **Wellness 101** (30 minutes or 1 hour)

We've heard the term wellness, but what does it really mean, individually and as an organization? This engaging workshop provides an opportunity to explore what wellness really means to us, as individuals and as Montgomery County Government. Participants will also have the opportunity to create a personal road map for wellbeing.

Power point capabilities and classroom style set up is preferred

Stress Management

- **Guided imagery** (15 minutes)

Sail away to a tropical destination or a remote mountain top, without leaving your desk. Guided imagery offers an easy stress management tool to help reduce physical and mental fatigue. *No equipment, or plane tickets, required.*

- **Resiliency in the Midst of Change**

(45 -60 minutes)

The workshop takes a team approach to stress management—perfect for the department or work group taking on new projects or undergoing changes.

Employees will enjoy interactive group and individual activities. This presentation also incorporates elements of Yoga at Your Desk and Guided imagery. *The space should be large enough to facilitate groups of employees moving throughout the room. A chair should also be available for each participant.*

Stress Management

- **Work-Life Balance** (1 hour)

Is Work-Life Balance a mythical concept? Or an achievable, realistic goal? This workshop combines interactive activities with education on stress management and resiliency to create a personal plan for working towards work-life balance. The workshop incorporates concepts from Yoga at Your Desk, and Guided Imagery, in addition to other components.

A class-room style environment is appropriate, power point and audio projection capabilities are requested.

- **Yoga at Your Desk** (30 minutes)

Stretch and de-stress with Yoga at Your Desk!

We'll learn and practice basic stretches and breathing techniques to help employees break through a mid-day slump. This workshop is perfect for a staff meeting, ice breaker, or mid-meeting break.

No equipment required. All stretches can be done standing or seated. Appropriate for all abilities & fitness levels.

Fitness & Physical Activity

- **Instant Recess** (30 minutes)

Infuse fun and movement into your next meeting with Instant Recess!

Instant Recess is a great team-builder for your next event. The best part? We'll share an electronic tool kit with your team, so employees can incorporate instant recess into part of their everyday routine. *Audio projection capability requested.*

- **The Portable Gym** (30 minutes)

Think exercise requires special equipment or an expensive gym membership? Think again! Learn how you can get a great workout, anytime, anywhere, by using your body weight and items you may have around the house. This workshop is interactive and participation is encouraged! Exercise clothes and water recommended. *Audio projection capability requested. Exercises can be modified to accommodate employees of all fitness levels and abilities. Limit 20 participants per workshop*

Nutrition & Eating Well

- **Healthy Nutrition—It's in the bag**

(30 minutes or 1 hour)

Learn how to eat well, save money, and get fit with this lunch n learn workshop. Participants are welcome to bring their lunch while discussing basic nutrition topics such as label reading, fad diets and hidden nutrition pit falls.

Power point capability requested and tables/chairs requested.

- **Grocery Store Tour** (1 hour)

This off-site workshop guides participants through a grocery store visit, learning how to make the most of time and nutrition when shopping. We'll highlight some of the best choices in the market and ways to get the biggest bang for your nutritional 'buck'.

Coordination with a local grocery store will be required. Please contact the Wellness Manager at least 1 month in advance to plan this event. Limit 10 participants per tour; multiple tours can be scheduled if needed.